

Connecting Thamesmead Evaluation – Available support and advice

Introduction

Thank you for your interest in the Connecting Thamesmead programme and its evaluation.

The evaluation is designed to understand different views and experiences. This includes themes of social connection and its benefits to wellbeing, Thamesmead as a place to live, and how local services and activities are working for and co-delivered with communities.

We are pleased to provide those who engage in the evaluation research with links to local support on connection and wellbeing, which we encourage people to follow if this will be helpful.

Thamesmead offerings -

The Thamesmead Now website brings together information on a range of local support and services for communities to be happier, healthier and wealthier. -

<https://www.thamesmeadnow.org.uk/community/support-advice/>

This includes the following:

The Advice Hub: Free and specialised advice is available face-to-face or over the phone for things like debt and money management, energy saving, housing, immigration and more. The sessions take place across at the Moorings Sociable Club, Arnott Close, every Wednesday from 9.30am to 12.30pm. This programme is delivered in partnership with the Royal Borough of Greenwich and Live Well Greenwich. For further information please email: tmadviceinschs@peabody.org.uk or call 07815 734080.

Positive Steps: part of the [Advice Hub](#), provides residents with access to free support and advice. Peabody works with advice agencies such as Citizens Advice, METRO GAD and Lewisham Refugee & Migrant Network. Find out more via the Advice Hub (07815 734080) or email: ThamesmeadCommunityTeam@peabody.org.uk

For young people: If you're a young person living or learning in Thamesmead and are looking for new opportunities, please contact Nadia Kassab, Young People's Project Officer, nadia.kassab@peabody.org.uk

Hawksmoor Youth Club – is provided with Young Greenwich as a hub for young people with free access up to 19 years, or 25 years for people with SEND. The club offers various activities and support including multi-sports, healthy cooking sessions, creative art workshops, sexual health advice, exercise equipment, and workshops relating to positive mental health and wellbeing. The club is on Bentham Road, SE28 8AS. For enquiries contact 07711 493 272, or Young Greenwich at: <https://www.young-greenwich.org.uk/>

For volunteering: There are volunteering opportunities across Thamesmead for people interested in supporting others living locally. For more information about the programme, please contact Uzma Ali, uzma.ali@peabody.org.uk

Love Soup Café - To provide access to food support in West Thamesmead and the local community every Thursday, this Creates a safe and inclusive space for local people to

connect with others, reduce isolation and loneliness and improve their wellbeing. Enable volunteering opportunities for local residents to give back to their community. For more information contact: admin@westthamesmead.org.uk

Age UK Befriending - A safe space for senior residents of Thamesmead to access social activities, and have access to a hot meal provided by Precious Health foods who provide refreshments throughout the week. To become a member with Age UK: contact Sasha Barnes- sasha.barnes@ageukbexley.org.uk

Listening Ears: A weekly health and wellbeing programme for older residents of Thamesmead, healthy eating activity and gentle exercise classes take place every Monday from 12pm-4pm at the Nest, to get involved contact: feelgoodcentres@gmail.com

Other local venues for support:

The Nest Library, Cygnet Square – Provides library services, including free wifi and computer access, meeting rooms and a regular programme of events and activities such as conversation groups, hobby groups, toddlers and play sessions, and a walking group.

Waterways Children's Centre – on Southwood Road (SE28 8EZ), visit Waterways Children's Centre for timetabled activities, training courses for adults and support services for families with children aged 0-5 years. The centre is also connected with a **Family Hub** to provide 'one-stop-shop' support for all families and to young people up to 19 years (or 25 for those with SEND). For enquiries, you can call: 020 8311 5491. Or visit: <https://www.better.org.uk/children-centre/london/greenwich/waterways>

The Moorings Sociable Club - The community centre hosts a range of different groups and activities, with facilities including a community café and an IT suite. The centre offers a range of quality services to support local people with issues including housing, jobs and training, immigration and money management. You can email communityhubsTM@peabody.org.uk or call 0203 828 4920.

Support provided by your local council -

The Royal Borough of Greenwich –

Community Directory – Newly updated, online local service directory to help people of all ages live well in Greenwich. You can find an extensive range of community support, groups and activities for all ages and topics. Visit greenwichcommunitydirectory.org.uk or call 0800 470 4831 for help navigating the directory.

Live Well Greenwich – Are here to listen, advice and help, with a focus on helping everyone to Live Well in Greenwich. You can talk to one of the friendly, trained advisors by calling the Live Well Greenwich line free on 0800 470 4831 and find the right help together. There is also a website: <https://livewellgreenwich.org.uk/>

Advice Hubs - Get free face-to-face welfare benefits and debt advice at one of the weekly drop ins: Visit <https://royalgreenwich.gov.uk/advicehubs> or call 020 8921 6375.

Family Hubs – Family Hubs are a 'one-stop-shop' of support for children and young people aged 0-19 (0-25 with additional needs) and their families. Visit <https://royalgreenwich.gov.uk/family-hub> or call 020 8921 6921.

Community Champions - Receive weekly local health and wellbeing information, advice and events to share with your community. <https://royalgreenwich.gov.uk/community-champions>

Greenwich Sports – The sports development team work with partners to support and engage within community venues, leisure and outdoor spaces to help improve your health and wellbeing through activities, fun and socialising. Visit: <https://www.better.org.uk/sports-development-rbg>

Greenwich Info – a fortnightly newsletter about council services. You can sign up to have this delivered to your email or to join the WhatsApp channel here:

https://www.royalgreenwich.gov.uk/info/200170/news_and_media/703/greenwich_info

Making Every Opportunity Count - This free, online 45-minute training helps you know when, where and how to best signpost residents to free local services and support. Visit <https://livewellgreenwich.org.uk/meoc>

The London Borough of Bexley -

BVSC is the Council for Voluntary Service (CVS) set up to offer support to organisations and residents of the London Borough of Bexley. You can contact by calling 0132 252 4682, or email connectedbexley@bvsc.co.uk.

Connected Bexley – is a hub where you can browse many categories to search for support near you, for adults of all ages, children and young people. This includes advice and guidance, carers support, cost of living support, disability and inclusion, employment and skills, and mental health. You can visit the website - <https://connectedbexley.co.uk/>

Wellbeing and mental health – wider organisations -

Age UK – The UK's leading charity for older people, providing help, information and advice and services including befriending and social activities. Telephone: 0800 678 1602. Lines are open 8am-7pm 365 days a year . <https://www.ageuk.org.uk/information-advice/>

Samaritans - Samaritans is a free, 24/7 listening service that offers support for people experiencing a difficult time, including feelings of isolation or disconnection. You can contact Samaritans by calling 116 123.

Your GP – You can raise any concerns or feelings you have related to anxiety, loneliness, isolation or general wellbeing with your GP or a registered medical professional who will be able to help and refer you to further support or services as needed.

Live Well 'look after you' - If you are struggling to cope with difficult feelings or behaviours, practical issues and daily life in general a list of self-help resources, helplines and services are available on the Live Well website here: <https://livewellgreenwich.org.uk/more-support/>

There is also a dedicated area with further support for **children and young people to live well**: <https://livewellgreenwich.org.uk/young-people/>